

Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, inter-generational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours make it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need

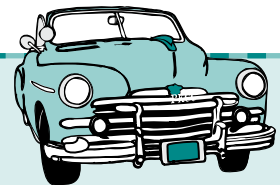
of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 79) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday – Friday 8am–5pm
Center Closed 5/26, 7/4, 8/18,
8/19, 8/20, 8/21, 8/22, 8/25, 8/26, 8/27,
8/28, 8/29 & 9/1



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 11th year of fun walking opportunities on Tuesdays (June 3–Sept 30) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
June 3	Kirkland Stepper's "Kick Off" Celebration Continental Breakfast sponsored by Fairwinds Redmond	–0–	\$7	41542
July 1	Bothell Landing Lunch on your own in Downtown Bothell	–0–	\$7	41544
Aug 5	Evans Creek Preserve Lunch at Fairwinds Redmond	–0–	\$7	41545
Sept 9	North Creek Park Lunch on your own at Mill Creek Town Center	–0–	\$7	41546
Sept 30	"Finish Line" Extravaganza Lunch sponsored by Fairwinds Redmond	–0–	\$7	41547

See Page 77 for a great new class to prepare you for the walking season!

* WA State sales tax included *



Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!

The Super Stepper “Club Card” Membership has exclusive benefits:

For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!

REGISTRATION #41543

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

Non-Members

- Are encouraged and always WELCOME to join the walkers every week
- There is a \$7 fee per event for all special walks and parties
- Registration required for all Special Events and opens 2 weeks prior to event
- Stepper Club T-Shirt available to purchase for \$15



Special Events

* All special events include sales tax *

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

RSVP at 425.587.3360 • Free

Mon	11am	Apr 14	41548
Mon	11am	July 14	41549

Baked Potato Bar & Bake Sale

It's back and better than ever!

Don't miss this **fabulous fund raising event** to support future PKCC Advisory Board projects. Enjoy a delicious baked potato bar with all the fixins' served with mountains of fresh salad. Be sure to save room to peruse the many fabulous goodies available at the bake sale.

Everyone welcome!

Advance tickets \$5 • Day of the event \$7

Thursday 11:00am-1:00pm
May 15th • #42504

SAVE THE DATE

Annual Volunteer Recognition Celebration

The City of Kirkland is thrilled to host the annual Volunteer Recognition honoring all of our dedicated 2013 volunteers.

April 10 • 6pm • Invitations to follow

Ice Cream & Bingo

Come in out of the heat and join the Peter Kirk Day Campers in a game of Bingo for fabulous summertime prizes. Start by cooling off with an ice cream sundae topped with all your favorite goodies.

August 14 • Cost \$5

Thur	11am	Aug 14	41550
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Pre-register for all events and classes.

CITY OF KIRKLAND SENIOR COUNCIL

JOIN THE KIRKLAND SENIOR COUNCIL

WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.



HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age.

- Terms are for 3 years.
- Vacancies will be filled year round

Contact: 425.587.3322 – or see
www.kirklandwa.gov/seniorcouncil

THE SENIOR COUNCIL INVITES YOU TO...



April is Volunteer Month. Learn more about the exciting and rewarding volunteer opportunities!

Volunteer Opportunities:

Health Care
Housing
Senior Care
Transportation
Food Banks
Animal Care
Park Development
Emergency Preparedness
Crisis Assistance
Time Banking
The Arts
...and many more

**Saturday, April 5
at PKCC
10am – 2pm**

- Door Prizes!
- Hot topic sessions!
- Celebrity Emcee!
- Free parking!
- Free snacks and beverages!



**For more information contact:
Dave Wagar 425.822.3737**

6TH ANNUAL SENIORS ART SHOW



Featuring artists 50 years of age or older
proving once again that

“Creativity is Ageless”

Merrill Gardens, 14 Main Street South

AUGUST 7–17

Six disciplines of art will be exhibited:

- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Other Media

**For more information, contact
Penny Kahn 425.761.5489**

Arts & Crafts

Beginning and Continuing Drawing **NEW!**

Develop fundamental skills and sharpen proficiency: working from direct observation, in these class students will learn to render realistic drawings by studying line, light, form, and value changes. You will leave with a sound understanding of how proportion and perspective operate in the optical world. Through a range of exercises this class provides the essential visual knowledge to create more compelling artwork in all types of media, allowing you to draw confidently and productively.

*Class offered in partnership with the Kirkland Arts Center • Supply list available at PKCC • Location: PKCC
Instructor: Ruthie V. • 8 classes • No class 7/3
Resident \$130 / Non-Resident \$156*

Thur	1–4pm	Apr 17–June 5	41883
Thur	1–4pm	June 12–Aug 7	41884

Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

*Supply list available at PKCC
Instructor: Danielle Barlow • Location : PKCC • 6 classes
No class 5/26 • Resident \$46 / Non-Resident \$55*

Mon	9:30–11:30am	Apr 28–June 9	41739
Mon	9:30–11:30am	June 16–July 21	41741

Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

*Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36*

Wed	10am–12pm	Apr 2–23	41012
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Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

*Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC
4 classes • Resident \$30 / Non-Resident \$36*

Wed	1–3pm	Apr 2–23	41013
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Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk.

For more information call 425.587.3360 • Will not meet 8/19 & 8/26 • Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Needle Craft Group

Have fun, socialize and work on your hand work.

Free

Wed	10am–12pm	Ongoing
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Stage and Screen

Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

The Way Way Back	Mon	1pm	April 21
Lee Daniel's The Butler	Mon	1pm	May 19
Last Vegas	Mon	1pm	June 16
Captain Phillips	Mon	1pm	July 21
About Time*	Mon	1pm	Aug 11

** Rated R*

Armchair Adventures: Slide Shows

Mondays at 10:30am. Free! Everyone is welcome!

April 7	Central California & Coast	Bill Birdsall
April 14	Atlantic Scandinavia	Ron Nece
April 21	Israel	Dr. James Monahan
April 28	Biodiversity	Ben Shimbo
May 5	Wenatchee to El Paso	Bill Birdsall
May 12	Thailand	Jim Hoff
May 19	Down the Mississippi	Ron Nece
May 26	CENTER CLOSED	
June 2	Black Hills & Yellowstone	Bill Birdsall
June 9	Locals & Locales in England	Ron Nece
June 16	Middle East Part I	Dr. James Monahan
June 23	Mexico & Dominican	Ben Shimbo
June 30	4 Seasons of Washington	Len Steiner
July 7	Alaska Cruise	Bill Birdsall
July 14	Costa Rica & Bahamas	Ben Shimbo
July 21	Valley Forge & Philadelphia	Len Steiner
July 28	New Mexico Balloon Festival	Len Steiner
Aug 4	Arizona	Bill Birdsall
Aug 11	Middle East Part II	Dr. James Monahan
Aug 18	CENTER CLOSED	
Aug 25	CENTER CLOSED	

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense. Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes Resident \$38 / Non-Resident \$46

Mon	1:30–3pm	Apr 21–May 19	41259
Mon	1:30–3pm	June 2–30	41260
Mon	1:30–3pm	July 14–Aug 11	41261

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Von Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes Resident \$38 / Non-Resident \$46

Wed	1:30–3pm	Apr 16–May 14	41276
Wed	1:30–3pm	May 28–June 25	41277
Wed	1:30–3pm	July 9–Aug 6	41290

Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more.

For more information call Ty at JFS Refugee & Immigrant Service Center at 425.643.2221 • Location: PKCC • Free No class 4/4, 5/26, 7/4, 8/18, 8/22, 8/25, 8/28.

Mon	3–4:30pm	Ongoing	
Fri	3–4:30pm	Ongoing	

Special Interest

Is it a Real Work at Home Job or a Scam?

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required.

Course fee includes book with listings, a \$25 value Instructor: Bethany Mooradian • Location: PKCC Resident \$40 / Non-Resident \$48

Wed	6–9pm	Apr 16	41015
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Become a Mystery Shopper

Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required.

Course fee includes book with listings, a \$25 value Instructor: Bethany Mooradian • Location: PKCC Resident \$40 / Non-Resident \$48

Tue	6–9pm	May 6	41016
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See more Special Interest Classes
on pages 59–64

Literary Arts

Mystery Book Club

Participants will select a book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 1–2pm



Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes No class 6/3 • Resident \$30 / Non-Resident \$36 Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Apr 1–May 6	41674
Tue	10–11am	May 13–June 24	41675
Tue	10–11am	July 1–Aug 5	41676



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12
4 classes

Sr Resident \$89 / Sr Non-Resident \$99
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10-11am	Apr 4-25	41660
Fri	10-11am	May 2-23	41661
Fri	10-11am	June 6-27	41662
Fri	10-11am	July 4-25	41663
Fri	10-11am	Aug 1-22	41664

Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde

Tuesdays 4 classes Resident \$35 / Non-Resident \$42

Tue	10:30-11:30am	Apr 8-29	41643
Tue	10:30-11:30am	May 6-27	41644

Thursdays 4 classes • No class 5/22
Resident \$35 / Non-Resident \$42

Thur	10:30-11:30am	Apr 3-24	41645
Thur	10:30-11:30am	May 1-29	41646
Thur	10:30-11:30am	June 5-26	41647
Thur	10:30-11:30am	July 3-24	41659

Thursdays 3 classes • Resident \$26 / Non-Resident \$31

Thur	10:30-11:30am	July 31-Aug 14	41653
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Yoga for Beginners

With close to 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Bring mat or rug • Location: PKCC • Instructor: Sally Rodich

Mondays 4 classes • No Class 5/26 & 6/23
Resident \$40 / Non-Resident \$48

Mon	9-10am	Apr 21-May 12	41936
Mon	9-10am	May 19-June 16	41937
Mon	2-3pm	June 30-July 21	41938

Mondays 3 classes • Resident \$30 / Non-Resident \$36

Mon	2-3pm	July 28-Aug 11	41939
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Wednesdays 4 classes • Resident \$40 / Non-Res. \$48

Wed	10-11am	Apr 23-May 14	41940
Wed	10-11am	May 21-June 11	41941
Wed	2-3pm	June 18-July 9	41942
Wed	2-3pm	July 16-Aug 6	41957

Thursdays 4 classes • No class 4/17, 5/22, 7/3
Resident \$40 / Non-Resident \$48

Thur	9:15-10:15am	Apr 3-May 1	41943
Thur	9:15-10:15am	May 8-June 5	41944
Thur	9:15-10:15am	June 12-July 10	41966
Thur	9:15-10:15am	July 17-Aug 7	41959

Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

Bring mat or rug • Location: PKCC • Instr: Charlene Watson

15 classes • No class 6/3 & 6/24 • Res \$47 / Non-Res \$56

Tue/Thur	9-10am	Apr 1-May 20	41827
Tue/Thur	9-10am	May 27-July 22	41828

6 classes • No class 8/19, 8/21, 8/26, & 8/28
Resident \$19 / Non-Resident \$23

Tue/Thur	9-10am	July 29-Aug 14	41829
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SOFTBALL Recruitment IS IN FULL SWING!

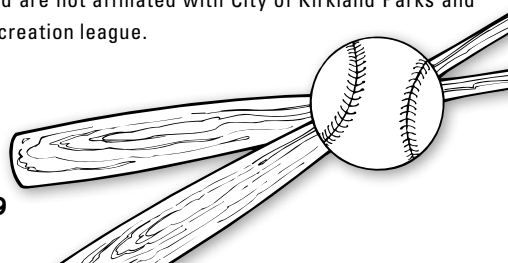
If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2014 season is underway! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Klassics" were all a hit in 2013! After a long winter break, team players are now dusting off their bats to begin practice in March 2014.

age
55+

Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

CO-ED TEAM INFO CALL
PAULA MILLER 425.822.7478

MEN'S TEAMS INFO CALL
RICH MILOVICH 425.827.1109



Fitness & Exercise



Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

Instructor: Gina Casanova

Resident \$47 / Non-Resident \$56

No class 5/26, 7/4, 8/18, 8/20, 8/22, 8/25, 8/27, 8/29.

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.

Baked Potato Bar & Bake Sale

It's back and better than ever!

Don't miss this **fabulous fund raising event** to support future PKCC Advisory Board projects.

Everyone welcome!

**Thursday 11:00am-1:00pm
May 15th • #42504**

MORE DETAILS: PAGE 67

Games

Ping Pong (Table Tennis)

Open to players of all abilities.

Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Thursdays at 11am



Cards

Come use our card rooms for a friendly game; available days and some evenings.

Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room

Computer Classes

- \$5 lab fee per class is collected at time of registration
- If taking a Mac or iPad class participant must provide their own laptop or iPad, no Mac computers are available at PKCC.

MAC CLASSES

Introduction to iPad **NEW!**

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

Location: PKCC • Instructor: Doris Ford • 4 classes

\$5 lab fee per class is collected at time of registration

Participants must provide their own iPad

Sr-Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45-10:45am	May 2	41729
Wed	8:45-10:45am	July 9	41731

PC CLASSES

Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC Instructor: Doris Ford • 4 classes

No class 5/26 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am-12pm	Apr 9-30	41742
Mon	12:30-2:30pm	May 5-June 2	41743

Microsoft Windows

Introduction to Computers: Windows 8

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants provide their own laptop with Windows 8

Sr-Resident \$46 / Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Apr 7–28	41831
Mon	10am–12pm	June 9–30	41832
Wed	10am–12pm	June 11–July 2	41833

Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	July 23	41744
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Up in the Clouds **NEW!**

Clouds backup all your files, keep files private or share files with contacts, restore deleted files, create new folders, move a file and rename files. Your private files are password-protected and encrypted. We will compare several cloud companies showing the amount of free space and the cost of more space.

Location: PKCC Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Apr 25	41892
Fri	8:45–10:45am	June 6	41893

Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work –Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 5/26 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	May 5–June 2	41732
Fri	10am–12pm	July 11–Aug 1	41733



Return to Work –Excel II

NEW! This class will teach you how to create a family budget that contains the total projected cost, the total actual cost and total difference. Learn how to check formulas for errors; find invalid entries, and use the watch window to keep track of the entered information. You will practice creating an amortization table, a pivot table, adding a hyperlink and embed an object.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	12:30–2:30	Apr 9–30	41881
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Return to Work –Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Apr 7–28	41734
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Return to Work –Word II

NEW! Learn to create your own default dictionary, open existing templates, work with graphs, pictures and add a picture caption. Practice using the screenshot tool and snipping tool as well as adding hyphenation, page breaks. Learn how to insert a bibliography, place holders, bookmarks, and a cover page with table of contents on long document, insert headers and footers and work with mail merge.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	May 7–28	41879
Fri	12–2:30pm	July 11–Aug 1	41880



Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

Location: PKCC • Instructor: Doris Ford

\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Apr 11	41745
Fri	8:45–10:45am	June 20	41746

Scanning, Editing & Creating

Organize Your Computer

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Location: PKCC • Instructor: Doris Ford

\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 16	42083
Wed	8:45–10:45am	July 16	42084

Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them. Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels. Bring your camera, extra batteries and your camera/computer connection to class

Location: PKCC • Instructor: Doris Ford

\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45pm	May 9	41747
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One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$30 / Non-Resident \$36

\$5 lab fee per class is collected at time of registration

Advanced registration required, call 425.587.3360

Financial

Advanced registration required:
425.587.3360

Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us!

Presented by Cory Shepard, Financial Advisor with Edward Jones • Advance registration is required, call 425.587.3360 • Free

Fri	10:30–11:30am	Apr 4	41834
Fri	10:30–11:30am	May 2	41835
Fri	10:30–11:30am	June 6	41836
Fri	10:30–11:30am	Aug 1	41837

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs.

Call 425.587.3360.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2013 tax return.

Appointments are available Fridays from 10am–3pm, Feb 7–April 11 • No fee • Appointments required, call 425.587.3360

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

Clearpoint Credit Counseling Solutions

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to www.clearpointfinancialsolutions.org.

Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am–7pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2–4pm.

*No fee • Appointments required
To qualify, call 425.747.7274*



Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

Wedding? Party?
Reunion? Meeting?

GOT AN EVENT?

WE'VE GOT SPACE.

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call!



Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350



EvergreenHealth

EnhanceWellness Program

Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, losing weight or starting an exercise program, but have had difficulty getting motivated. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based

health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

*Program is free of charge • Tuesdays by appointment
Call Patti Quale RN-BC, 206.268.6740*

Evergreen EnhanceWellness Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

*Program is free of charge • Mondays by appointment
Call Jodi Dearborn MA, LMCHA, GMHS, 425.286.1047*

Support Groups

Men's Coffee Hour

*1st & 3rd Monday 9-10:00am in the Sunroom
Coordinated by SW*

Join other men in discussion around healthy aging, Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness

Women's Coffee Hour

*2nd & 4th Monday 9-10:00am in the Sunroom
Coordinated by SW*

Join other women in discussion around healthy aging, Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression.

All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

Contact Janet Zielasko, MS, LSW at 425.286.1035 to schedule an appointment.

Health & Nutrition

To Register for EvergreenHealth
Classes call 425.899.3000
and Press 1

Asthma & Allergies: Surviving the Spring

Learn how to effectively recognize the signs and symptoms of asthma and other respiratory ailments. Natural treatments and management options to help you breathe easier will be explored.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Apr 4
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Safety at Home **NEW!**

Home – “The place where one lives permanently”. Home is the place where you find comfort and relax. Did you know that your home can be more hazardous than you think? According to the CDC, nearly 8 million people are injured in falls every year. Join us to find out smart changes you can make to ensure your safety at home so that you or a loved one don’t become a statistic

Presented by Patti Quaale RN-BC • Free

Tue	10am–12pm	Apr 8	41895
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Living Well with Diabetes

NEW! This Diabetes Self-Management program is a 6-week workshop developed and tested by Stanford University. Your participation will help you gain skills to better manage glucose monitoring, medications, symptoms, fatigue and pain. Learn to handle difficult emotions, improve communication with family, friends and your medical team. Benefit from the support of others who understand what you’re going through.

Limited to 16 participants

Facilitated by Patti Quaale RN-BC • Free

Tue	1–3:30pm	Apr 8–May 13	41896
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Gardening Injuries **NEW!**

Pulling the weeds got your back in a cramp? Learn about proper posture, stretching techniques and various tools to aid your flowering garden.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Apr 18
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Taking Charge of your Future: Senior Housing & Care Options **NEW!**

What is the difference between independent Living, Assisted Living, Adult Family Homes and In Home Care? Did you know that as a veteran or widow of a veteran you can receive up to \$1,700/month toward your care? Get the answer to these and any other questions about senior care including downsizing, elder care attorneys, realtors that specialize in elder care and more. All attendees will receive a CHOICE resource guide.

Presented by Laural Dunham,
CHOICE Advisory Services Inc.

Mon	1–2:30pm	Apr 21	41898
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Mood & Meds **NEW!**

Discover ways that your mood can alter health conditions such as diabetes, cardiovascular health and overall aging. Also hear ways to improve your mood and find more happiness.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	May 2
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Powerful Tools for Caregivers

A six-week series for unpaid family caregivers that provide tools for self care and builds confidence in handling difficult situations, emotions and decisions.

Facilitated by Janet Zielasko, MS, LSW and
Jeannie DeSmet RN • Free • No class May 26

Mon	1–3:30pm	May 5–June 16	41899
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Simple Exercises to Prepare for Kirkland Stepper’s **NEW!**

Learn some simple stretching & flexibility exercises that you can do to make Steppers your complete workout. We’ll go thru warm up, flexibility exercises, cool down and stretching.

All attendees will receive a Theraband to take home!
Presented by Patti Quaale RN-BC • Free

Tue	10–11am	May 6	41910
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Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	8:30–10:30am	May 16
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Loss & Grief in Life Transitions **NEW!**

Retired? Relocated? Developed a chronic condition or illness? Had a loved one die? These and other transitions can leave you with a deep sense of loss. Come to this presentation to learn helpful insights into the grieving process as it pertains to these and other life changes

Presented by Georgia Rigler, MSW,
Evergreen Grief & Bereavement • Free

Mon	1–2:30pm	May 19	41904
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Age 50+

At Home Exercises for Caregivers and Others **NEW!**

How do you exercise when you are not able to get out and go to the gym or a class on an ongoing basis? Exercise and physical activity are a great way to feel better, gain health and improve your outlook. Just 30 minutes throughout the day can do this. Join us for this 1 hour class and get the basics for change in your life. All attendees will receive a copy of "Go4Life" from the National Institute of Health to help them start their journey.

Class size is limited – sign up early by calling 425.587.3360 • Presented by Patti Quaal RN-BC • Free

Tue	10:30–11:30am	May 20	41905
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Getting What You Want from Healthcare

Make sure you are prepared for your next physician's visit by learning important questions to ask, what services you should request and how to ensure that you are informed of all medical options available to you.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	June 6
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Nutrition and Wellness **NEW!**

Join this interactive talk regarding the importance of fruits and vegetables in the diet of older adults and simple ways to incorporate physical activity into a daily schedule.

Presented by Lekha Kaunanithi • Free

Tue	12:45–1:30pm	June 17	41907
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Good Grief Guidance **NEW!**

What can you say or do to help someone who has suffered a loss? Get guidance around being with people who are grieving including do's and don'ts and appropriate responses for unwanted comments.

*Sponsored by EvergreenHealth • Free
To register call 425.899.3000 and press 1*

Fri	12:45–2pm	June 20
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Methods for Relaxing

Learn and practice basic mindfulness meditation, visualization, and relaxation techniques to reduce stress and achieve inner peace.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	July 11
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Hot Hot Hot! **NEW!**

It's HOT out there! Learn the dangers that warm temperatures can create, especially for those with chronic illness, and how to keep hydrated.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	July 18
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Summer Cooking: Fresh & Nutritious **NEW!**

We will be exploring healthy simple cooking & shopping ideas to utilize some of the fresh produce that is in season and available at our local farmer's markets. We will also discuss some ways of preserving these fresh items to enjoy all year round. Presentation will end with a demonstration on a quick and easy recipe for everyone to enjoy.

Presented by Kaitlin Todd, RD • Free

Mon	1–2pm	July 21	41913
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Cooking for One

Break poor eating patterns. Learn how to make healthy food choices and adapt recipes.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	Aug 1
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Mindercise for Memory Enhancement

Learn the 3 A's of memory enhancement: attitude, attention and activity. See how the 3 A's can either help or hinder memory and concentration skills. Emphasis is on fun and mental stimulation.

*Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1*

Fri	12:45–2pm	Aug 15
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Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

Health Services

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800
www.overlakehospital.org/services/senior-care

AARP Area Office

American Association of Retired Persons.

Call 1.888.687.2277 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821

Elder & Adult Day Services..... 425.867.1799

Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Home Care Services 425.899.3300

Eastside Friends of Seniors 425.369.9120

Volunteer Chore Services
(Catholic Comm. Svcs.) 206.328.5787

Jewish Family Services..... 206.461.3240



Fragrance Free Zone

Please refrain from the use of any fragrant personal products while participating in programs and trips.

Thank you for your consideration!

Age 50+

Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.



Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class

*Make checks payable to AARP on the first day of class
To register call 425.587.3360*

Wed & Thur 12:30–4:45pm May 7–8 41749

Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 425.587.3012.

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

CHINESE SERVICES: TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue 11:15am–12:15pm Ongoing

E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue 1–3pm Ongoing

LATINO SERVICES: WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly 10–11:45 am 1st Wednesday

E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed 12:45–2pm Ongoing

Employment

Employment Service

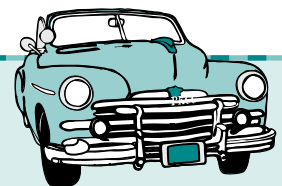
Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpworksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

Transportation

Get Out, Get Going, Get on Metro: Metro Transit Education Class **NEW!**

Receive free individualized bus training. Learn about public transportation and other transportation resources available within your community. Transit instruction can give you confidence to safely and comfortably travel on any public transportation system. Find out how to obtain a Regional Reduced Fare Card, learn about the ORCA Card, and receive information about ACCESS Transportation. This is an opportunity to become connected with some widely used transportation services by seniors who live throughout King County. Expand your independence and travel options!

Free

Mon	12:45–1:30pm	Apr 28	41924
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Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Apr 2
Wed	9–11am	May 7
Wed	9–11am	June 4
Wed	9–11am	July 2
Wed	9–11am	Aug 6

Metro Bus ID **NEW DAY!**

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Apr 17
Thur	10–11am	June 19
Thur	10–11am	Aug 14

Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get_help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program. Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance.

Please call 425.587.3363 to set up an appointment or if you have any questions.

Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Thur	Apr 3	Safeway
Wed	Apr 9	QFC
Tue	Apr 15	Bridle Trails
Wed	Apr 23	Fred Meyer
Wed	Apr 30	Safeway
Wed	May 7	QFC
Wed	May 14	Bridle Trails
Wed	May 21	Fred Meyer
Wed	May 28	Safeway
Wed	June 4	QFC
Wed	June 11	Bridle Trails
Wed	June 18	Fred Meyer
Thur	June 26	Safeway
Thur	July 3	QFC
Wed	July 9	Bridle Trails
Wed	July 16	Fred Meyer
Wed	July 23	Safeway
Wed	July 30	QFC
Wed	Aug 6	Bridle Trails
Wed	Aug 13	Fred Meyer
Wed	Aug 20	Safeway
Wed	Aug 27	Top Foods (Woodinville)



Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Fall 2014 / Winter 2015 van trips.

**Thursday, April 24
11:00am at the Center**

All trips include sales tax

Shops & Slots

Tuesdays 10am–4pm
Resident \$21 / Non-Resident \$25
Bring lunch \$

The Outlet Collection & Muckleshoot Casino	June 10	41756
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Renton History Museum & Berliner Pub

Wed., April 2 41874 10am–2:30pm
Resident \$18 / Non-Resident \$21
Bring lunch \$

NEW! Learn more about the history of greater Renton with the museum's collection of over 15,000 photographs and 90,000 objects spanning all periods of Renton's past. Be sure to work up your appetites because next you are off to the Berliner Pub for an authentic German lunch.

Out For Lunch Bunch **ALL NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Caspian	Thur April 17	After 18 years at their Seattle location this delicious authentic Persian restaurant opened a second location in Bellevue in 2011 to rave reviews. (Located in Bellevue)	41750
Chef City Grill at Lake Washington Technical College	Fri May 23	The Chef City Grill is a full-service restaurant operated by the Culinary Arts program at the Lake Washington Technical College. Please note that you must pre-order your lunch by 5/8, menu will be at the front desk after 4/28. (Located in Kirkland)	41751
Toulouse Petit Kitchen & Lounge	Thur June 19	Toulouse Petit was chosen as the 5th Favorite Restaurant in the United States and 10th Favorite Restaurant in the World by tripadvisor.com! Specializing in Cajun and Creole cooking this restaurant has something for everyone. (Located on Lower Queen Anne)	41752
The Hi-Life	Thur July 31	Located in the 103 year old historic Firehouse No. 18 built in 1911, the Hi-Life serves up a rotating menu that features the best of our four seasons here in the Pacific Northwest. (Located in Ballard)	41753
Whistle Stop Ale House	Tue Aug 12	The Whistle Stop has seventeen rotating taps that feature the finest ales and lagers of the Pacific Northwest and the World. Freshly grilled deli sandwiches are the menu specialty along with soups, salads and appetizers. (Located in Renton)	41754

Daffodils, Dining and Deals

Tue., April 8 41842 9am–4:30pm
Resident \$25 / Non-Resident \$30
Bring Lunch \$

Start out the day exploring daffodil fields in Mt. Vernon. Then head over to Calico Cupboard Café and Bakery for a delicious lunch and to plan out your shopping spree because the next stop is the Outlet Shoppes at Burlington.

Yellow School Bus Tour

Wed, April 16 41843 8:30am–12:30pm
Free Bring Lunch \$

NEW! Want to feel like a school kid again? Lake Washington School District invites you to join us for a Yellow Bus Tour. We'll board a yellow bus to visit Bell Elementary (completed fall 2013), Rose Hill Middle School (completed fall 2013) and Lake Washington High School (completed fall 2012). This is your chance to walk around the newly re-built schools and to see how education has changed over the years. Join us for lunch and a Q&A session after the tour. **Must sign up by 4/9 to secure reservation.**

CenturyLink Stadium Tour

Friday, April 25 41844 11am–5:15pm
Resident \$28 / Non-Resident \$32
Bring lunch \$

NEW! Visit the home of the 2014 Super Bowl World Champions. This hour and a half experience will give you a behind the scenes experience like you've never had before. You will have a chance to see the back-of-house areas, suite and club levels and the famous 12th Man Flag Pole. Be sure to bring your camera to capture some of the best views of the Puget Sound, Olympic Mountains and downtown Seattle. Begin this fun day with lunch at Henry's First Ave Tavern.

Flying Heritage Museum

Thur, May 1 41845 10:45am–4:30pm
Resident \$29 / Non-Resident \$33
Bring lunch \$

NEW! Start the day off with a hearty lunch at Shawn O'Donnell's and then head over to Payne Field for a unique experience. Enjoy a guided tour of the Flying Heritage Collection located in a restored working hangar, you will have an opportunity to get up close and personal with planes and technologies from 1935-1945, with exhibits that shine a light on the humanity of the home front of warring nations.

Olympia Legislative Process Tour

Thurs., May 8 41846 8am–4pm
Resident \$19 / Non-Resident \$23
Bring lunch \$

NEW! Enjoy an in depth look at the legislative branch of government. Learn how a bill becomes a law, experience a mock committee hearing and visit legislative process locations such as the House and Senate chambers, committee hearing rooms and the Legislative Information Center. On the way back to Kirkland stop for lunch at the Fish Tale Brew Pub. **Must sign up by 4/18 to secure reservation.**

Rainier Glass Studio

Thur., May 15 41847 8am–2:45pm
Resident \$45 / Non-Resident \$50
Bring Breakfast \$

NEW! Here is your chance to explore one of the largest hand-blown glass galleries in the Northwest located in the Rainier Brewery building. You can browse through the huge selection of glass product from over 90 local and regional artists and you will have a unique opportunity to make your own glass project. Start the day off with a hearty breakfast at Hudson located in Georgetown. **Must sign up by 5/1 to secure reservation.**

Puyallup Antique District

Thurs., May 29 41848 9:30am–4pm
Resident \$21 / Non-Resident \$25
Bring Lunch \$

NEW! Have a fun day unearthing treasures in Puyallup's Antique District. Lunch on your own at one of the local restaurants or cafés.



Taproot Theatre: Diana of Dobson's

Wed., June 4 41849 12:30–5:30pm
Resident \$34 / Non-Resident \$38

NEW! Before there was Eliza Doolittle there was Diana of Dobson's. She's young, underpaid and overworked and seems to have no chance at success until she unexpectedly receives a small inheritance and vows to "know what it's like to have a royal time." This clever, romantic and comic gem was written in 1908 but remains surprisingly fresh and relevant today. **Must sign up by 5/14 to secure reservation.**

TreeHouse Point and the Raging River Café & Club

Wed, June 25 41850 10am–3pm
Resident \$33 / Non-Resident \$36

NEW! Just 30 minutes outside of Seattle is the home to one of the rarest experiences you could imagine. Nestled in the forest beside the Raging River is TreeHouse Point, a very unique type of bed and breakfast. On this one hour tour you will have the opportunity to see inside as many of the 8 tree houses as possible (based on availability). Afterward, enjoy lunch at the Raging River Café and Club. **Must sign up by 6/11 to secure reservation.**

Independence Day Murder Mystery Lunch Cruise

Wed., July 2 41854 10:15am-3:15pm
Resident \$92 / Non-Resident \$97

NEW! Come aboard for a fun 2½ hour "who-dunnit" mystery lunch cruise, featuring famous characters and interesting topics from United States history in honor of the upcoming Fourth of July holiday. Hints will be provided to help unlock clues as you work in teams to solve the mystery during this entertaining cruise aboard a Waterways yacht. A delicious 3-course plated lunch will be served. Full service bar available for the purchase of specialty cocktails, wine, beer and non-alcoholic beverages. **Must sign up by 6/10 to secure reservations.**

Multnomah Falls

Thur., July 10 41851 8am–8pm
Resident \$44 / Non-Resident \$53
Bring lunch and snack \$

Just across the Columbia River lies an array of waterfalls, including Multnomah. At 620 feet, it is the second tallest natural waterfall in the United States. Enjoy lunch a Multnomah Falls, followed by 90 minutes of exploring hiking trails on your own.

Lynden Raspberry Festival

Fri., July 18 41852 9am–5pm
Resident \$26 / Non-Resident \$31
Bring lunch \$

NEW! Celebrate the largest harvest of raspberries in North America, approximately 2/3 of the nation's total production. Mid-July is the peak time to get your share of Lynden's bountiful crop of red raspberries while enjoying the summer sunshine and a variety of family-friendly activities at the annual downtown celebration.

Seattle Food Tour

Thur, July 24 41853 11am–3:30pm
Resident \$63 / Non-Resident \$67

NEW! Embark on an intimate guided food tour of the world famous Pike Place Market. Explore back alleys, narrow corridors and tiny storefronts in search of the best that the market has to offer. A local guide will share stories of the market's checkered history, its legendary characters and one of a kind small businesses. The walking tour of Pike Place Market features 8 delicious tasting stops. **Must sign up by 7/10 to secure reservation.**



Black Diamond/ Mount Rainier

Thur., Aug 7 41855 9am–6pm
Resident \$35 / Non-Resident \$42
Bring lunch \$+ \$5 Park admission

Feast on a hearty brunch at the Black Diamond Bakery and Café en route to Paradise Inn at Mount Rainier. Take a leisurely hike, enjoy the breathtaking views and explore the visitor center and Inn at this popular destination.



Whale Watching on the Victoria Clipper

Mon., Aug 18 41856 6:45am–8:15pm
Resident \$154 / Non-Resident \$165
Bring lunch \$

NEW! This scenic cruise begins in the Puget Sound and beautiful Deception Pass to an area world-renowned for its resident pods of Orca Whales. An onboard naturalist will take you on a whale and sea life search where in addition to whales you will search for migratory birds, Bald Eagles, Dall's Porpoise, seals, otters and other area wildlife. You will enjoy a 2 hour stop-over in Friday Harbor where you will be able to get a quick lunch and explore the town. Limited Food is available for purchase onboard or you are welcome to bring your own snacks; the Friday Harbor stop is at approximately 2pm. **Must sign up by 7/18 to secure reservation.**

Mystery Trip

Fri., Aug 22 41841 8am–5:15pm
Resident \$31 / Non-Resident \$37
Bring lunch \$

NEW! Don't be surprised if you get really carried away on this trip! Please bring \$4 cash for this trip.

Newhalem Walking Tour

Thur., Aug 28 41857 8:30am–7pm
Resident \$38 / Non-Resident \$46
Bring lunch and snack \$

NEW! Step back in time on this historic walking tour of the company town of Newhalem. Learn about the town's colorful past and how Newhalem still thrives today, supporting operations at the Skagit River Hydroelectric Project.

Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.